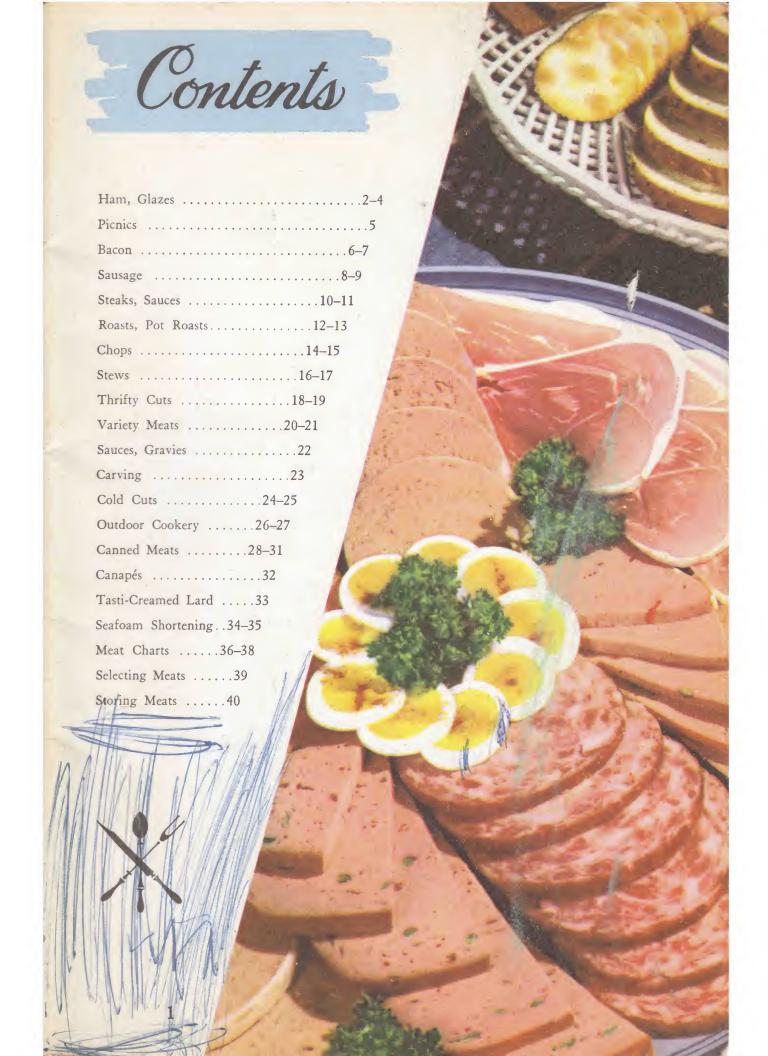
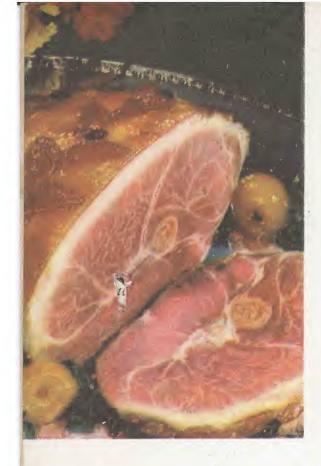


It is only natural that most people select the meat first in planning what to serve. It is a serve of the or has so much to do with the character of a meal. Scientifically speaking, meat is important because it supplies a natural abundance of nutritional requirements. pies a maural avunciance of murinonal requirements. Most body important are the high quality proteins necessary for body building and repair. Meat also supplies iron for red blood building and repair. B. complex vitamins, and phosphorus.

Rells, hard-to-get These Vitamins, proteins and mineral elements must be sup-Meat stimulates the appetite and helps digest other plied daily to maintain health and well-being. foods. Meat in the meal prevents between-meal hunger, The suggestions in this book will help you with the problems of meal planning. The recipes deal mostly with makes one feel well-fed and satisfied. If you wish, your dealer can help you choose the right meat. Just tell him how you plan to cook and serve it. further suggestions or questions on meats or reliable further suggestions of questions of the suggestions of Turmer suggestions of questions on means of cookery, write the first suggestions of questions of the first suggestions of meats. In collaboration with Home Economics Director ANN KING Kingan & Co.





Ham

"Make mine ham," says America. And when it's Kingan's Reliable the treat is complete! Try these methods of serving an old favorite.

Tasti-Cooked Ham

Kingan's Reliable Tasti-Cooked Ham is cooked, ready to eat "as is" if you wish. However, you will probably want to serve it hot, at least the first time.

Place the ham fat side up on rack in an open roaster. Heat in a very moderate oven (325°F.) 1½ to 1½ hours. One half hour before time is up, remove skin.

Score fat in crisscross lines. Spread with glaze if desired. Return to oven to brown or glaze, basting occasionally. (See page 4 for suggested glazes.)

Baked Reliable Tender Smoked Ham

Place Kingan's Reliable Tender Smoked Ham on rack in open roaster. Bake in slow oven (300°F.), allowing 15 minutes per pound for a whole ham, 20 minutes per pound for a half ham. If a meat thermometer is used, bake until it registers 160°F. Remove skin, leaving a 3-inch collar at shank end. If ham is to be glazed, remove skin about ½ hour before end of baking time. Score fat in diagonal crisscross lines. Stud with whole cloves. Spread with any desired glaze. (See page 4.) Return to oven to finish baking.

Kingan's Reliable Hams are aged, mellowed and smoked by an



exclusive method that assures unusual tenderness, intriguing aroma, and irresistible flavor. Every bit is a tempting delight. After the main body of the ham has been used, the smaller pieces may be chopped or ground for many "leftover" dishes. The bone will add flavor for beans and greens.

Always ask for the famous Kingan's "Reliable" brand . . . your guarantee of the very best in ham.

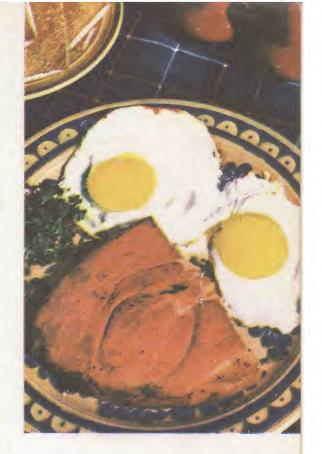


Pan-Broiled Ham Slice

Slash fat edges of a ½-inch slice of Kingan's Reliable Tender Smoked Ham. Brown in hot skillet. Turn; lower heat; cook 10 minutes. Serve with an omelet or with eggs fried in ham drippings.

Baked Ham Slice

Select center slice of Kingan's Reliable Tender Smoked Ham about 1-inch thick. Slash fat edges. Spread with any desired glaze (page 4). Place in shallow baking dish. Bake, uncovered, in moderate oven (325°F.), 45 minutes.



Ham Mousse Ring

2 envelopes (unflavored) gelatin

½ cup cold water

4 cups ground cooked Kingan's Reliable Tender Smoked or Tasti-Cooked Ham ½ cup finely minced celery 2 tablespoons minced parsley 1 cup whipping cream

Soften gelatin in cold water. Set over boiling water and stir until the gelatin is dissolved. Stir in ham, celery and parsley. Whip cream; fold. Pack into ring mold, chill until set. Unmold on round flat platter. Heap Waldorf Salad in center; surround with over-lapping half slices of oranges (peel left on) on small lettuce leaves. Arrange small mounds of stuffed olives around edge of platter. Yield: 12 servings.

Five Serving Suggestions for Leftover Ham

- 1) Serve creamed ham on toast spread with peanut butter.
- 2) Combine diced ham and diced asparagus in cheese sauce; serve on toast.
- 3) Serve thin slices grilled ham on toast; top with tomato-cheese sauce.
- 4) Add 3/4 cup finely diced ham to muffin or waffle batter. Bake as usual.
- 5) Fill halves of acorn squash with diced ham. Sprinkle with brown sugar and cloves. Add water to pan. Cover. Bake in moderately hot oven (400°F.), 45 minutes.



Ham

Grilled Ham Platter

Select center slice of Kingan's Reliable Tender Smoked Ham, about 1-inch thick. Score the fat edges of the ham. Core and slice unpeeled red apples and sprinkle with sugar and cinnamon.

Place ham slice on rack in preheated broiler, with surface of ham about 3 inches below heat. Broil 8 minutes, turn. When ham is turned, place apple slices around it and broil 7 minutes more. Baste with ham drippings once or twice. Serve on hot platter.

Glazes for Baked Ham

If you like to "dress up" your baked ham, and if you like the fat to take on a spicy flavor, try these glazes:

1) Combine 1 cup of brown sugar, ½ teaspoon powdered cloves and ½ cup cider. Pour over scored fat surface of ham. Return to oven to glaze.

2) Dust scored fat surface of ham with dry mustard. Sprinkle with brown sugar and cloves. Return to oven. Baste with fruit juice.

3) Stud scored fat surface of ham with whole cloves. Sprinkle with 1 cup brown sugar. Combine 2 cups cider, or apple juice, ½ cup lemon juice and ½ cup orange juice. Pour 1 cup mixture over ham. Return to oven. Baste several times with remaining juice. For raisin sauce, add ½ cup seedless raisins to juices in pan, simmer until raisins are plump.

4) Remove skin from ham 1 hour before end of baking time. Score fat surface; stud with cloves. Pour 2 cups strained cranberry sauce over surface. Bake 45 minutes. Pour 1 cup strained cran-

berry sauce over surface. Bake 15 minutes longer.

5) Add enough prepared mustard to brown sugar to make it spreading consistency. Spread thickly on scored fat surface of ham. Dust with powdered cloves.

6) Baste with jelly, of any tart variety.

Picnic

Kingan's Reliable Picnic—that delectable small cut from the forequarter of the hog—is just the right size for small families. It is rosy-pink, fork-tender, juicy, and delicious with smoky ham flavor. Kingan's Picnics come in transparent casings or packed in tins.

Kingan's Reliable Tasti-Cooked Picnic is ready to eat. However, to serve hot, heat in moderate oven (325°F.) for 1 hour. Then score fat and glaze (page 4), until nicely browned.



The Tasti-Cooked Picnic, in transparent casing, may be heated in its wrapping until time to glaze and brown.

Kingan's Reliable Tender Smoked Picnic—in transparent casing. Leave in wrapping and place fat side up on rack in shallow pan in slow oven, 300°F. Allow 32 minutes per pound. Remove wrapping and rind. Place Picnic on rack in pan. Crisscross fat, sprinkle lightly with flour and brown sugar, stud with cloves. Adjust oven heat to hot, 425°F. to brown—about 10 minutes.

Savory Picnic

After baking and scoring fat, glaze with 1 cup currant jelly and 1/4 cup

prepared horseradish, beaten together. Bake in hot oven (400°F.) until well glazed, basting often with glaze in pan.

Leftover Suggestion

Combine 2 cups diced Picnic, $1\frac{1}{2}$ cups cooked peas or string beans and 2 cups cream sauce or cheese sauce. Serve on hot cornbread squares.





Bacon Cookery

Bacon is busy around the clock because its flavor enlivens any meal. What is more tantalizing than the aroma of bacon sizzling in a pan? Try Kingan's Reliable Bacon and you will agree—the best you have *ever* tasted!

Pan-Broiled Bacon

Start with a *cold* skillet. Arrange a single layer of Kingan's Reliable Bacon in the skillet and set it over low heat. Turn strip by strip across the skillet, then start turning again. This constant turning is the secret of even cooking and the fluted edges that make each strip attractive. Don't stop turning until the bacon is done (about 8 minutes), except to pour off fat as it accumulates. This makes for crispness. For extra crispness, drain the cooked bacon strips on absorbent paper. Save fat for savory pan-frying.

Baked Bacon

Here's the easy way to cook bacon for a crowd: Place Kingan's Reliable Bacon strips on a rack. Set the rack in a shallow pan. Bake in a hot oven (400°F.) 15-18 minutes, or until golden brown and crisp.

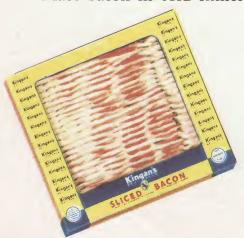
Broiled Bacon

Place strips of Kingan's Reliable Bacon on the broiler rack, with the surface about 3 inches below the flame or electric element. Turn several times to cook evenly.

Bacon and Fried Apple Cubes

12 slices Kingan's Reliable Bacon 1½ qts. tart apples peeled and cut into 1-inch cubes 3 tablespoons sugar

Place bacon in cold skillet over moderate heat. Turn bacon often



until lightly browned. Remove from fat and keep hot. Put apples in skillet, using ½ cup bacon fat. Sprinkle with sugar. Cover; cook slowly until just tender. Then remove cover so that apples will retain their shape, and let them brown lightly. They should be almost transparent. Pile them lightly in a mound on hot platter and arrange bacon as a border. Yield: 4 to 6 servings.



Bacon and Eggs

No second call to breakfast is needed when bacon and eggs are on the menu! Pan-broil the bacon (see opposite page) and keep it hot while the eggs cook.

Pour 2 to 3 tablespoons bacon fat back into the skillet. Slip the eggs in carefully—an easy way is to break each egg into a flat saucer and slide egg from saucer to skillet. Cook slowly over low heat until set. Hot bacon fat may be



spooned over the eggs, as they fry, to cook the tops.

Stuffed Bacon Roll

Make a savory bread stuffing, using 4 cups soft bread crumbs and just enough liquid to barely moisten. Arrange 1 pound Kingan's Reliable Bacon strips on a piece of wax paper, with the strips overlapping by one-half the width of each. Spread the stuffing mixture evenly over the bacon. Roll up firmly, like a jelly roll, using the wax paper as a help in rolling. Wrap the roll in aluminum foil, folding the ends so that roll is completely covered. Set on rack in an open roaster. Bake in moderate oven (350°F.) 1 hour and 15 minutes or until brown and crisp. Remove foil; cut roll in 12 slices.

Toasted Bacon Rolls

Split frankfurter rolls in half, lengthwise. Toast cut sides. Spread half with butter and half with orange marmalade or peanut butter. Put together with crisply cooked strips of Kingan's Reliable Bacon.

Bacon Fondue

Dice ½ pound Kingan's Reliable Sliced Bacon. Fry until crisp; drain. Cut 6 slices trimmed bread in cubes. Fill casserole with alternate layers of bread cubes and bacon, beginning with bread and ending with bacon. Beat 6 eggs; add 3 cups milk, 1 teaspoon salt, and a dash of pepper. Pour into casserole. Bake in moderate oven (350°F.) 1 hour.



We all know perfectly well that sausages had their origin in lands across the sea, but special tricks of seasoning have made them ours—as American as Yankee Doodle!

Take Kingan's Reliable Pork Breakfast Sausage, link or country style. Seasoned to perfection—pure and wholesome—it is sausage at its best.

How to Cook Link Sausage

- 1. Place sausages in skillet and half cover with warm water. Cover; steam over low heat 5 minutes; drain. Cook over low heat, turning often, until nicely browned and plump. Or—
- 2. Place sausages in cold skillet; cook over low heat 12-15 minutes, turning often. Pour off fat as it accumulates. Or—
- 3. Place on broiler rack, with surface of sausages about 3 inches below flame or element. Broil 12-15 minutes, turning once. Or—
- 4. Bake in a moderately hot oven (375°F.) ½ hour, turning once.

Sausage Stuffing

Break into bits and fry one pound of Kingan's Reliable Pork Sausage (country style). Stir with fork until sausage is brown—about 10 minutes. Remove sausage from skillet and pour fat into measuring cup. Return 4 tablespoons of sausage fat to skillet, add 1 cup diced celery, 1 cup minced onion. Cook over medium heat until yellow, not brown. Add 8 cups (2 quarts) day-old bread crumbs and ½ cup minced parsley; mix well. Makes enough stuffing for an 8-pound bird.

This makes a dry dressing—if softer dressing is desired, moisten with hot water.

Sausage That Tempts the Taste

Crisp, tantalizing sausage links or patties—whichever your choice, it is a happy one. Kingan's Reliable Fresh Pork Sausage is made from



fine quality pure pork, superbly seasoned with a delicate blend of spices and herbs. Served with hot buttered toast, waffles, or pancakes, sausages make a perfect breakfast when the air is tangy and appetites grow larger. Good for winter suppers too!



Sausage and Adirondack Griddle Cakes

Try this famous old recipe for griddle cakes . . . serve them with Kingan's Reliable Pork Sausage:

Mix 2 cups flour and 2 cups buttermilk or sour milk; let stand overnight. In the morning add 1 egg yolk, 1 tablespoon melted butter, ½ teaspoon salt, 1 teaspoon sugar, 1 teaspoon baking soda dissolved in 1 tablespoon water. Mix well. Fold in 1 stiffly beaten egg white. Thin with cold water if necessary. Bake on a greased, hot



griddle. Yield: 16 cakes (5 inches in diameter).

Smoked Sausage and Potato Pancakes

Cover Kingan's Reliable Smoked Sausage Links with water and simmer 5 minutes. Drain and cook slowly until nicely browned. Remove to hot platter.

Pancakes

6 potatoes, pared, grated and well drained 2 eggs, well beaten

2 tablespoons flour ½ teaspoon salt

Combine ingredients. Drop by tablespoons into sausage fat on hot griddle; cook until the edges are crispy brown, turning once.

How to "Cook" Wieners

Of course, wieners are already cooked when you buy them. They just need heating. The easiest way is to cover with boiling water and simmer 5 to 8 minutes. Or they may be cooked in a little fat, 5 to 8 minutes, turning once. To broil, whole or split, brush with melted fat, place 3 inches from flame or element, broil 5 to 8 minutes, turning once.

Boston Casserole

Slit 6 Kingan's Reliable Wieners lengthwise; fill with picallili; cut in halves crosswise. Measure 4 cups Boston baked beans and ¼ cup minced onion. Arrange in layers of beans, wieners and onions, with wieners on top. Bake in moderate oven (350°F.) 1 hour. Yield: 6 servings.



Fine steaks deserve fine cooking, and broiling is undoubtedly the best method to use for choice, tender cuts.

Broiling is one of the easiest of all cooking methods but there is a right way to do it.

How to Broil Choice Steaks

Wipe steak with a damp cloth. Trim off excess fat. Preheat broiler. Place steak on greased broiler rack. Set broiler pan so that surface of meat is 3 inches below flame or element. For steak that is well browned and crisp outside, follow Method 1. For steak less crisp outside, follow Method 2.

Method 1: Sear steak under high heat; turn and sear other side. Lower heat to medium and continue broiling to desired degree of doneness, turning once.

Method 2: Use medium heat throughout. Do not sear. Turn once.

Time Table for Broiling Steaks

			Method I	Mei	thod II
Kind of Steak	Thickness	Rare	Medium	Rare	Medium
Club or Sirloin	1 inch	10	14	15	20
	1½ inches	15	18	20	25
	2 inches	- 22	25	28	35
Porterhouse	1 inch	12	16	18	22
	$1\frac{1}{2}$ inches	18	22	25	30
	2 inches	25	28	30	35
Tenderloin	1 inch	6	8	10	12
	1½ inches	8	10	12	15
	2 inches	10	12	15	18

Planked Steak

While steak is broiling, heat plank in oven 10 minutes. Brush plank with butter. About 10 minutes before steak has reached desired degree of doneness place it in center of heated plank. Make a border of hot mashed potatoes, around edge of plank, leaving room between steak and potatoes for another vegetable. Brush steak and potatoes with melted butter. Bake in a hot oven (450°F.) until potatoes are golden brown. Sprinkle with salt and pepper. Arrange one or two hot cooked vegetables between steak and potatoes. Serve immediately.

Vegetable Combinations for Planked

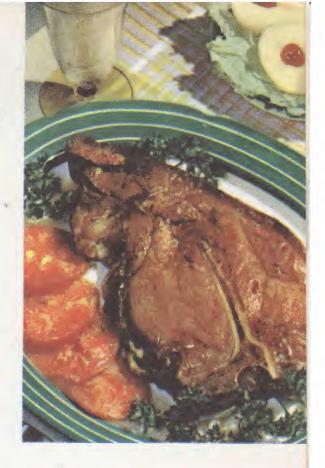
1) Rice border, green peas, broiled mushrooms. 2) Duchess potatoes, string beans, carrots. 3) Mashed potatoes, cauliflower, green lima beans. 4) Mashed sweet potatoes, spinach, stuffed onions.

Steaks

Sauces for Broiled Steak

Most everyone agrees that choice steak is just about perfect "as is"! But for those who like an occasional flavor change, we offer these suggestions:

- 1) Cream ¼ cup butter; blend in 1 tablespoon minced parsley, ½ teaspoon salt, dash cayenne, dash tabasco, 1 tablespoon lemon juice. Serve in sauceboat.
- 2) Spread steak with butter mixed with a little Worcestershire sauce.



Pan-Broiled Steak

Heat a heavy skillet; rub with a piece of excess fat cut from steak. Sear steak on both sides; lower heat; cook to desired degree of doneness (approximately the same time periods as given on opposite page for broiling). Turn steak once for even cooking. Pour off fat as it accumulates. Sprinkle with salt and pepper.

Minute or Cube Steaks

Heat a heavy skillet. Grease lightly. Sear steaks. Lower heat and cook 2 minutes on each side for rare steak, 3 minutes on each side for medium rare, and 4-5 minutes for well-done steak. Serve on toast, or in hot, buttered, split rolls.

Chicken-Fried Steaks

2 pounds sirloin or high-quality top round, ¼-inch thick ½ cup flour

Salt, pepper, paprika 1 tablespoon butter 3 tablespoons Kingan's lard

Cut steak in individual serving-size pieces. Combine flour, salt, pepper and paprika. Dip steak in flour mixture. Melt butter and lard in a heavy skillet. Brown steaks *about* 1 minute on each side. Serve at once. If top round is used, score surface of meat at half-inch intervals with a knife before dipping in flour. About 6 servings.



Roasts deserve fine treatment. A few general rules apply to all roasts cooked in the modern manner.

First and most important: Do not add water; do not cover; do not baste. Always place meat fat side up in roasting pan; the fat melts enough to baste the meat.

Veal, which has almost no natural fat, should be topped with a few slices of bacon, or thin strips of fat salt pork.

Adding water to the pan, or covering the pan, causes the meat to steam instead of roasting, which is undesirable. Opening the oven door to baste the meat wastes heat, and prolongs cooking time. Basting with water creates steam in the oven.

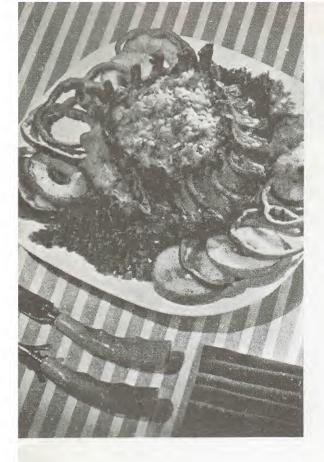
A meat thermometer is an accurate guide to degree of doneness and is a helpful piece of equipment for the modern cook. To use the thermometer, insert it in the thickest part of the roast, so the tip reaches the center. Do not let the tip touch fat or bone. Use the suggested time period in a recipe as a guide to avoid opening the oven door unnecessarily. Toward the end of this time period, read the thermometer, and check at intervals until it reaches the desired internal temperature. Fresh pork must always reach the well-done stage before it is taken from the oven. This is important.

Standing Rib Roast of Beef

Season roast with salt and pepper. Place fat side up in open roaster. Do not add water; do not cover. Roast 18-20 minutes per pound for rare; 22-25 minutes per pound for medium-rare; 27-30 minutes per pound for well done. Meat thermometer readings: rare 140°F., medium 160°F., well done 180°F. Set oven at 325°F.

Rolled Rib Roast of Beef

Season roast with salt and pepper. Place fat side up on rack in open roaster. Do not add water; do not cover. Roast 25 minutes per pound for rare; 30 minutes per pound for medium-rare; 35 minutes per pound for well done. Meat thermometer readings: same as for Standing Rib Roast, above. Set oven at 325°F.



Roasts

Beef Pot Roast

3 to 4 lbs. beef chuck, round, or rump—any one of these makes an excellent pot roast.

3 teaspoons salt
¼ teaspoon pepper
4 tablespoons Kingan's lard
½ cup water

Wipe meat with damp cloth. Rub with seasoning. Brown meat slowly on all sides in lard in Dutch oven or heavy skillet. Add water; cover; simmer until completely tender, adding more water when necessary, to keep meat from cooking dry. Allow 2 to 3 hours. (For

gravy see page 22.) Yield: 6 to 8 servings.

Sliced or cubed vegetables—potatoes, carrots, onions, and turnips may be added one-half hour before meat is done. Allow one of each per serving.

Leftover pot roast may be made into meat pie with rich biscuit crust—page 33.

Pork, Lamb and Veal Roasts

Loin of Pork: Place fat side up in open roaster. Roast in moderate oven (350°F.), 35 minutes per pound.

Shoulder of Pork: Have meat dealer make "pocket" for stuffing. Fill with any desired savory dressing; fasten with skewers. Place fat side up in open roaster. Roast in moderate oven (350°F.) 40 minutes per pound. If rolled, 45 minutes per pound.

Thermometer Reading for All Fresh Pork: Well done, or 185°F.

Leg of Lamb: Do not remove the "fell" (thin papery skin). Place on rack in open roaster, fat side up. Roast in moderate oven (325°F.), 30 minutes per pound. If boned and rolled, 35 minutes per pound.

Shoulder of Lamb: Stuff like Shoulder of Pork, above, or have boned and rolled. Place on rack in open roaster, fat side up. Roast in a moderate oven (325°F.) 35 minutes per pound.

Thermometer Reading for Lamb: 170°F.-180°F.

Leg of Veal: Top with several thin strips of salt pork or bacon. Place on rack in open roaster. Roast in moderate oven (325°F.) 40-45 minutes per pound.

Shoulder of Veal: Stuff like Shoulder of Pork, above, or have boned and rolled. Top with several thin strips of salt pork or bacon. Place on rack in open roaster. Roast in moderate oven (325°F.) 40-45 minutes per pound.

Thermometer Reading for Veal: 180°F.-185°F.

Chops

There are more ways than one to cook a chop! For lamb chops, the favorite method is broiling, and you will find directions for this opposite the picture at the bottom of this page. Pork, even in the form of chops, always requires cooking to the well-done stage, so braising is the recommended method. Veal, too, needs long, slow cooking. Never broil pork or veal chops.

Mixed Grill

6 loin lamb chops, 1½ inch thick 6 cooked sweet potatoes, halved

Butter 6 firm tomatoes, halved

French Dressing

Preheat broiler. Place chops on rack with potato halves. Place on broiler with top surface of meat about 3 inches below flame or element. Broil until brown; turn. Dot potatoes with butter. Place tomato halves on rack with chops and potatoes. Brush tomatoes with French dressing. Broil until chops are well-browned. Season with salt and pepper.

Broiled Lamb Patties on Pineapple

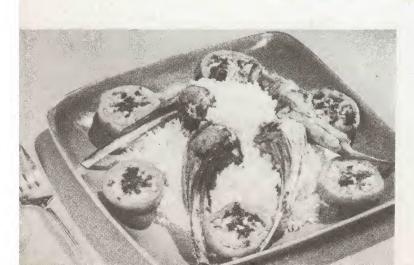
1 lb. ground lamb 4 slices Kingan's Reliable Bacon 4 slices pineapple brushed with butter

Shape ground lamb into 4 patties 1 inch thick; wrap bacon around patties and fasten with toothpicks. Place patties and pineapple on broiler rack so meat is about $2\frac{1}{2}$ inches from heat. When patties are brown, place browned side on pineapple slice. Finish broiling. Total time about 12 minutes.

Planked Lamb Chops

Thick broiled lamb chops, shoulder or loin, may be substituted for steak in the recipe for Planked Steak on page 10. Make a border of fluffy buttered rice and fill space between chops and rice with peas, lima beans, or other suitable vegetables.

Broiled Rib Lamb Chops



Preheat broiler. Grease rack with fat from chops. Have meat surface 3 inches below heat. Turn once. Chops 1-1½ inches thick, 15-20 minutes; 2 inches thick, 25-28 minutes. Good served with rice and grilled tomatoes.

Chops

Veal Chops Arabian

6 loin veal chops (1 inch thick)

1 garlic clove Seasoned flour

3 tablespoons Kingan's Lard 2½ cups cooked tomatoes

2 medium onions, sliced thin

1/4 cup sherry (optional)
1 pound mushrooms, sliced

3 tablespoons butter 8 ripe olives, sliced

Cut gashes in peeled garlic clove; rub over skillet; discard. Dredge veal chops with seasoned flour; brown in hot lard. Add tomatoes, onions, and sherry; cover and simmer 1½ hours. Cook mushrooms in butter 5 minutes; add to contents of skillet. Add olives. Simmer 15 minutes longer. Six servings.

Braised Pork Chops

Have 4 chops cut 1 inch thick. Brown well on both sides in skillet. Add 2 tablespoons water. Season. Cover; simmer about 1 hour, adding more water as needed. For gravy see page 22.

Baked Pork Chops

Brown inch-thick chops in hot skillet. Place in a casserole. Add ½ cup hot water. Cover. Bake in moderate oven (350°F.) 1¼ hours. Make gravy from liquid in casserole—see page 22.

Deviled Pork Chops

Have 6 pork chops cut 1 inch thick. Trim off most of fat; save. Slash lean meat on both sides with sharp knife. Mince 1 onion; add ½ cup chili sauce, 3 tablespoons lemon juice, ½ teaspoon dry mustard and 1½ teaspoons Worcestershire sauce. Mix well and pour over chops. Let stand, turning chops occasionally. Melt fat from chops. Drain chops; brown in this fat. Add sauce, cover; simmer 1 hour. Add salt to taste.

Stuffed Pork Chops

Have your dealer cut 6 double pork chops and slit pockets.

Mix 3/4 cup raisins, 1/2 cup diced celery, 1/2 cup chopped green

pepper, 2 tablespoons minced onion, 1 cup chopped apple, 3 cups soft bread crumbs, salt and pepper. Brown chops; stuff; put extra stuffing on top. Add 1 cup cider or apple juice. Cover. Bake in moderate oven (350°F.), 1½ hours.





Nearly everyone likes a good stew.

Of course the secret is in seasoning, and in long slow cooking. The French always toss in a "bouquet garni"—sprigs of celery, thyme, chervil, and sometimes marjoram, basil, rosemary or summer savory, tied together. An onion stuck with 2 or 3 whole cloves and cooked in the stew gives a special fillip of subtle flavor. Tomato juice, used as part of the liquid, adds color and savor. A dash of sugar does wonders for flavor. And—a few minutes before the stew is done—always look in the refrigerator and see if there aren't a few leftover vegetables that can be added—green beans, peas, carrots—whatever there may be.

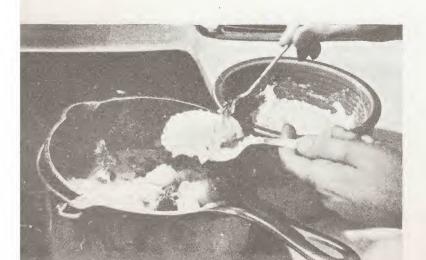
Directions for thickening stew (optional) are given on page 22.

Beef Stew with Vegetables

- 2 pounds beef chuck Flour
- 3 tablespoons melted suet
- 1 bouquet garni (see above)
- 3 medium potatoes, quartered
- ½ green pepper, minced
- 3 medium onions, quartered
- 4 small carrots, sliced lengthwise
- 1 teaspoon salt
- ½ teaspoon sugar
- ½ cup tomato juice
- 3 cups boiling water

Cut beef in 1 inch cubes; dredge with flour; brown on all sides in hot melted suet. Add all remaining ingredients. Simmer very slowly about $2\frac{1}{2}$ hours or until meat is tender. Thicken gravy if desired (see page 22). Yield: 4 servings.

Add 1 cup cooked green peas, or other cooked leftover vegetable, 10 minutes before stew is done, if desired.



Dumplings

Fifteen minutes before a stew is done, drop dumpling dough by tablespoons, on top of pieces of meat or vegetable. Cover. Simmer 12 minutes without removing cover.



Baked Stew

2 Bermuda onions

6 pork chops

2 tablespoons fat

4 tart apples

½ teaspoon salt

Few grains pepper Dash cinnamon (optional)

1/2 cup flour

3 cups bouillon or stock

3 cups hot mashed potatoes

Slice onions thin; brown with chops. Arrange in large baking dish. Add peeled and diced apples. Sprinkle with salt, pepper and cinnamon. Blend flour with 1 cup bouillon; add remaining bouillon. Cook, stirring constantly, until thickened. Pour into baking dish. Cover; bake in moderate oven (350°F.) 2 hours. Top with mashed potatoes; return to oven to brown. Yield: 6 servings.

Irish Stew Pie

2 pounds boned lamb shoulder Flour

3 tablespoons fat

5 cups boiling water

1½ teaspoon salt 1 garlic clove (optional)

3 carrots, quartered

2 small onions

3 large potatoes, quartered

½ pound yellow turnips, cubed

½ cup diced celery

1 teaspoon Worcestershire sauce

2 tablespoons minced parsley

Cut meat in 1 inch cubes. Roll in flour. Brown in hot fat. Add water, salt, and garlic; cover; simmer 10 minutes. Remove garlic. Add vegetables. Simmer covered 2 hours. Remove meat and vegetables to a large casserole. Thicken gravy (see page 22). Add Worcestershire sauce and parsley. Pour into casserole.

Top with rich biscuit dough (page 33) rolled ½-inch thick and cut with doughnut cutter, or cut to form scalloped edge as shown below. Bake in hot oven (450°F.) 15 minutes, or until biscuits are brown. Yield: 6 servings. A delicious stew the whole family will enjoy.

Scalloped Topping

Make baking powder biscuit dough. Roll ½-inch thick. Cut with large round cutter. Cut each round in half. Arrange as shown. Bake as directed in Irish Stew Pie, above.



Thrifty Cuts

Thrifty cuts, well prepared, often become family favorites.

Braised Lamb Shanks

4 lamb shanks Flour 2 tablespoons lard 3/4 cup water

1 teaspoon salt

Dredge lamb shanks with flour. Brown slowly on all sides in hot fat. Place browned shanks in baking dish. Pour water into skillet in which meat was browned; add salt. Heat and stir for about 5 minutes, then pour into baking dish. Cover; bake in moderate oven (350°F.) 1½ hours, or until meat is very tender. Thicken gravy if necessary (see page 22). Yield: 4 servings.

Lamb Riblets with Vegetables

3 pounds lamb riblets3 tablespoons fatSalt and pepper6 small onions

6 medium cooked carrots
3 cups cooked green beans
2 tablespoons lemon juice
1 teaspoon sugar

Brown riblets in hot fat; season with salt and pepper. Add enough water to cover ingredients; cover; cook slowly ½ hour. Add onions; simmer 1 hour. Add cooked carrots, cooked beans, lemon juice and sugar. Simmer 15 minutes longer. Thicken gravy (see page 22). Yield: 6 servings.

Stuffed Spareribs

Have two slabs of spareribs cut to equal size and shape—each piece about 1½ pounds. Chop large onion fine; brown onion in ⅓ cup bacon fat. Add 4 cups bread crumbs and ½ teaspoon poultry seasoning, ½ teaspoon salt, dash pepper, and ⅓ cup hot water. Mix well. Spread between spareribs. Tie meat in place with string. Place in large pan. Add ½ cup hot water and ¼ bay leaf. Cover.



Bake in moderate oven (350°F.) 2½ hours. Remove cover during last half hour to brown. Remove strings before serving. Yield: 6 servings.

Thrifty Cuts

Pot-Au-Feu

3 pounds brisket of beef

3 quarts water

2 teaspoons salt

4 pepper corns

Bouquet garni (see page 16)

e 16)

1 teaspoon minced parsley

1/4 teaspoon each thyme and bay leaf

1 small cabbage, quartered

1 onion, stuck with 2 cloves

5 small carrots

6 slices French bread (dry)

Cover meat with water. Add salt, pepper and bouquet garni. Simmer three hours. Add vegetables and cook until they are tender, about 30 minutes longer. Slice meat; arrange on platter with vegetables. Strain broth over bread placed in a tureen or bowl.

Short Ribs Creole

3 pounds short ribs of beef

2 teaspoons salt

1/8 teaspoon pepper

1 garlic clove

3 tablespoons Kingan's Reliable Tasti-Creamed Lard

2 onions, sliced

1 cup hot water

2 cups cooked tomatoes

1 teaspoon paprika

1/4 teaspoon sugar

Season short ribs with 1 teaspoon salt and pepper. Brown with garlic in hot lard. Remove garlic. Add onions and water. Cover; simmer 2 hours. Add tomatoes, paprika, remaining salt and sugar. Simmer 1 hour longer. Remove meat to platter; thicken gravy (see page 22); pour over meat. Yield: 6 servings.

Mock Planked Steak

Combine 1 pound ground beef and ½ pound ground pork. Add 1 teaspoon salt, few grains pepper, 1 cup soft bread crumbs; mix well. Shape into large cake 1 inch thick. Place on oven-proof platter or flat baking dish. Top with Bermuda onion slices and green pep-

per rings. Pour 1 cup ketchup over all. Bake in moderate oven (350°F.) 1 hour, basting only once. Garnish with parsley. Yield: 6 servings.



Variety Meats

Variety meats—liver, heart, kidney, sweetbreads, brains, tongue—are tops in flavor, tops in food value—especially the Big Three—liver, kidney and heart. Rich sources of protein, iron and vitamins, some one of these meats should be served at least once a week. But in order to enjoy them at their best it is important to know how to cook them to perfection. Most of them require low temperatures, some of them require long, slow cooking. Here are the rules:

Basic Cooking Methods

Meat	Kind	Directions
Large piece	Beef, calf lamb, pork	Dredge with seasoned flour; brown in bacon fat. Add 1 cup water. Cover. Cook slowly—simmer over low heat, or bake in slow oven (300°F.) 30 minutes per pound.
½-inch slices	Beef or pork	Prepare as above. Cook over low heat, covered, about 20 minutes.
Thin slices	Calf or lamb	Brush with melted fat. Broil 3 minutes on each side. Or roll in flour, brown on both sides in hot bacon fat, lower heat, cook until done.

Note: If liver is to be ground, simmer a few minutes first; frozen liver also grinds easily.

Heart

Beef, veal lamb, pork

Wash thoroughly, trim off veins. Cover with water, adding 1 teaspoon salt per quart. Simmer 3-3½ hours for beef, 2-2½ hours for other varieties. Or braise (hearts may be stuffed or sliced first): brown on all sides; add a little water; cover. Cook at low temperature—simmer or bake in moderate oven (350°F.) 2½-3½ hours for beef, 1½-2½ hours for other kinds.

Continued on next page



Liver and Bacon

Pan-broil Kingan's Reliable Bacon strips (page 6). Roll liver slices in seasoned flour. Fry in bacon fat as directed above. Serve at once.

Variety Meats

Basic Cooking Methods (Continued)

Meat Kidneys Kind Beef, veal lamb, pork Directions

Wash; remove outer membrane. Split through center and remove fat and heavy veins. Soak beef and pork kidneys in salted water 1 hour before cooking. Cover with water; simmer 1 hour, changing water 3 or 4 times. For stew: slice kidneys, brown in hot fat; add water or brown stock to cover; add vegetables; simmer 45 minutes. To broil (veal or lamb only): split and skewer to hold flat. Broil 5 minutes each side.

Sweetbreads

Beef, veal, lamb

Soak in cold water. Simmer 15 minutes or until done, in water to which I teaspoon salt and I tablespoon lemon juice have been added for each quart. Drain; drop into cold water. Remove membrane. Reheat in cream or mushroom sauce; or dip in egg and crumbs and fry; or brush with melted fat and broil until brown.

Tongue

Beef, veal, pork, lamb (fresh, pickled, corned) Scrub with warm water. Cover with salted water, add whole spices and vegetables for flavor, if desired. Simmer large tongues 3-4 hours. Remove skin and roots. Simmer small tongues until tender.

Brains

Beef, veal, lamb, pork

Soak in cold water; remove membrane. Cover with water containing 1 teaspoon salt and 1 tablespoon lemon juice per quart. Simmer very gently 15 minutes. Drain. Plunge into cold water. Reheat in brown butter or sauce; add to omelet or scrambled eggs; or dip in egg and crumbs and fry; or brush with melted fat and broil.

Tongue in Cranberry Sauce

Cook tongue as directed above. Thicken unstrained cranberry sauce with cornstarch. Add a few raisins. Heat. Pour over tongue as illustrated.



Sauces and Gravies

Smooth—velvety smooth—and rich in flavor. That is the way gravies and sauces must be. A good cook knows that the gravy or sauce can make or mar a dish, and devotes great care to its preparation.

Gravy for the Roast

Remove roast to hot platter and keep warm. Skim fat from pan, leaving meat juices in the pan. Return measured fat to pan—allowing 2 tablespoons fat for each cup of gravy to be made. Add 2 tablespoons flour for every 2 tablespoons fat. Set over low heat and cook, stirring until flour takes on a rich brown (be careful not to burn it). Add 1 cup water for each 2 tablespoons fat, stirring constantly until gravy boils and thickens. Season to taste with salt and pepper. (Vegetable juices may be used in place of water if desired).

Milk Gravy

Measure fat left in skillet after pan-frying ham, steaks, or chops. Add extra fat, if necessary, so that you have 4 tablespoonfuls. Blend in 4 tablespoons flour. Stir over low heat until flour browns lightly. Add slowly $2\frac{1}{2}$ cups milk while stirring. Stir constantly until thickened. Season to taste with salt and pepper.

Gravy for Pot Roasts

Remove meat from pan or skillet and keep it hot. Measure panliquid and, if necessary, add enough water or milk to make two cups. Stir three tablespoons flour smooth in a small amount of water; add slowly to hot liquid, stirring constantly until smooth and thickened. Taste and add seasoning if necessary.

Tricks

Add 18 crushed gingersnaps to pot roast before adding water—they flavor and thicken . . . Use bacon fat or ham drippings in white sauce for creaming vegetables or meat . . . For creaming bland foods, cook minced onion in the fat until soft but not brown; add flour and proceed as usual . . . Add cold milk *all at once* in making white sauce; then cook, stirring, until thickened, no lumps!

Art of Carving

There is more to carving than carving! First there is the skill of the cook who prepares the meat so that it is neither overdone nor underdone. Then there is the knife steeled to razor sharpness. Last but not least there is the skill of the carver, resulting from a knowledge of the various meat cuts, and the practice that makes perfect. Here are some of the general rules for the carver:

- 1. First practice, then show off!
- 2. There is no law against standing up to carve if it is easier—in fact we recommend it.
- 3. Always carve across the grain—with steak the one exception.
- 4. Never change the angle of the knife blade while slicing.
- 5. Cut thin slices—1/8 to 1/4 inch is thick enough.
- 6. Plan the servings so that choice portions are evenly divided; slice only enough for first servings—cut more as needed.

And some rules for the hostess—

- 1. Don't overgarnish the platter—leave plenty of room for slices.
- 2. For large turkeys and roasts, provide an extra platter for slices.
- 3. Be sure the carver has elbow room.
- 4. Be sure that platter and plates are warm.
- 5. Keep guests diverted while carving proceeds!

Standing Rib Roast: Insert fork, guard up, between top 2 ribs. Slice across toward ribs from outside edge. Release each slice by cutting along rib with knife tip. Steady slice with fork; lift slice to platter.

Pork Loin Roast: Have meat dealer separate backbone from ribs. After roasting, remove backbone in kitchen by cutting between it and rib ends. With rib side toward carver, cut close against each side of rib.

How to Carve a Ham



Place the ham on platter with fat side up, shank to carver's right. From the smaller meaty section, cut two or three slices parallel to the length of ham, and lift to one side.



Rest ham on the cut surface. Holding firmly with fork, cut a small wedge-shaped slice from the shank end. Continue to cut thin slices down to the leg bone until the aitch bone is reached.



Keeping the fork still in place, loosen the slices by running the knife along the bone at right angles to the slices. For second servings, turn the ham and carve the other side in even slices.



If more servings are desired, turn ham back to its original position, with the fat side up, and carve slices at right angles to the bone. By following this method the ham is neatly carved.



Cold Cuts

Serve them hot or serve them cold! Kingan's Reliable Cold Cuts are made in every variety you can mention—and each kind is as delicious as you would expect of any meat that bears the proud name of Kingan's Reliable. Once you discover their superior quality you will always demand Kingan's Reliable Cold Cuts by name.

Arrange a beautiful platter of cold cuts with overlapping slices. Garnish with hard-cooked egg slices, olives and parsley. Serve with green salad, and a beverage for luncheon or supper.

Serving Suggestions

Try Kingan's Reliable Braunschweiger, slices lightly fried. Serve with potato salad, rolls, a fruit dessert, and coffee.

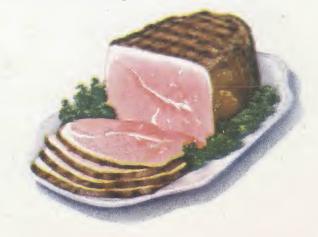
Cut any kind of Kingan's Reliable Cold Cuts in thin strips and use to top a hearty chef's salad bowl for a luncheon main dish.

Wrap cooled, cooked asparagus spears in slices of Kingan's Reliable Canned Ham or Cooked Ham—three to five spears to a slice of ham. Serve with mayonnaise.

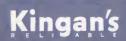
Fill bologna cups with creamed or scrambled eggs. Make cups this

way: Do not remove casing from edges of slices, heat slices in a little butter until edges curl up to form cups—about 1 minute.





Cold Cuts





PICKLE & PIMIENTO LOAF









MINCED LUNCHEON MEAT















Kingan's













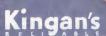


Kingans



SLICED

OVEN BROWNED HAM





COOKED SALAMI

Kingan's







BOLOGNA





Kingan's



SLICED OLD FASHIONED BRAND

Outdoor Cookery

Seasoned with sun, air—and charcoal! That's when food tastes its very best. Meat broiled over glowing charcoal takes on superb savor, and when it is Kingan's Reliable meat you can be sure that it will be tender, juicy and full of flavor.

For a meal cooked out-of-doors you will need long-handled forks, skewers or long pointed green twigs. Take along a heavy skillet, or a hinged double wire rack, depending on the type of cooking you plan to do. And a bag of charcoal, of course. Be sure to start the fire early, so that when cooking time arrives it will be a bed of glowing coals or embers. Charcoal improves flavor, but *charring* does not!

Before you leave make sure that every spark is extinguished. A good dousing with water makes assurance doubly sure.

Small steaks, ham slices, wieners, hamburgers, broiling chickens split in halves, are all fine eating after they are charcoal broiled.

Barbecued Hamburgers

1 cup bread crumbs

½ cup milk

1 pound ground beef

1 medium onion, minced

½ teaspoon salt

Few grains pepper

1 teaspoon Worcestershire sauce

2 tablespoons water

1 tablespoon sugar

1 cup ketchup

1/4 cup bacon fat

Combine bread crumbs, milk, meat, onion, salt and pepper. Form into flat, round cakes a little larger than the rolls. Combine Worcestershire sauce, water, sugar and ketchup. At picnic, brown the meat cakes in hot bacon fat; add sauce; cover; cook 10 minutes. Serve on hot toasted rolls. Yield: 8 hamburgers.



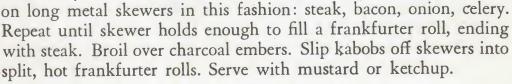
Pack hamburger cakes with sheet of wax paper between every 2 cakes. Make sauce; cool slightly; pack in Mason jar. Split rolls, ready for toasting; wrap well in heavy wax paper.

Outdoor Cookery

Is there room in your back yard for a brick or stone fireplace? Look at this one—actually built by the man of the house and his teen-age son. Isn't it a beauty? Grill-suppers out of doors on pleasant summer evenings and crisp autumn twilights are a happy custom with this family. In fact, the fun was so contagious that many of their neighbors have followed suit, with much friendly rivalry over the good looks and efficiency of their respective home-built outdoor grills. Why don't you try it, too?



Cut top round steak in 1-inch cubes and Kingan's Reliable Bacon in 1-inch pieces. Cut onions in ½ inch pieces and slice celery stalks ½ inch thick. String





Stuffed Wieners

Slit Kingan's Reliable Wieners lengthwise, almost through. Fill with a rather moist, seasoned bread stuffing. Wrap bacon slice in a spiral around each Wiener. Secure with toothpicks. Arrange in a double wire rack with a long handle. Broil over embers until bacon is crisp. Good with potato salad or baked beans.

Pan-Broiled Ham Slice

Select thick slice of Kingan's Reliable Tender Smoked Ham. Trim off rind; slash fat edges at half-inch intervals. Heat heavy skillet over hot coals; rub with ham fat. Brown ham on both sides; cook slowly until tender, turning several times. Remove ham and keep hot. Suggested accompaniment: eggs, scrambled or fried in ham drippings.

Canned Meats









Kingan's











How to have a delicious meal on the table .. quick as magic! There is nothing easier, or more convenient than having a supply of Kingan's Reliable Canned Meats on hand. You will be delighted with the way Kingan's chefs have prepared these meats for you, with flavor tricks that make a simple meal fine eating. Pictured on these pages you will find a wide variety of Kingan's Reliable Canned Meats, ready for spur - of - the - moment meals at any time.



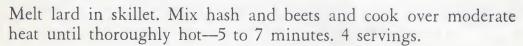
Canned Meats

Corned Beef Hash

Turn out a can of Kingan's Reliable Corned Beef Hash into a sauce pan set over a low heat. Stir with a fork once or twice until heated. Arrange between rows of toast cups filled with scrambled eggs.

Red Flannel Hash

1 tablespoon Kingan's Lard 1 tin Kingan's Reliable Corned Beef Hash 1 cup chopped cooked red beets



K-P Luncheon Meat

Kingan's K-P, a modern meat, is a delightful combination of pork and beef, subtly spiced to a fine flavor. No bone—no waste. Wonderful for sandwiches and chef salads; or, serve slices, lightly browned, with scrambled or fried eggs; or, add to casseroles.

Sliced K-P and Potato Salad

1 can K-P
5 medium potatoes
2 young green
onions, chopped

½ cup mayonnaise
2 hard cooked eggs
1 cup diced celery
1 cucumber, sliced

Watercress 2 or 3 radishes, sliced Salt and pepper

Set K-P, and a platter; in refrigerator to thoroughly chill. Parboil potatoes in jackets in heavily salted water until just tender. Cool; peel; cut in 3/4-inch cubes. Place potatoes in bowl with chopped onions



and mayonnaise. Mix lightly with fork. Cover; let stand in refrigerator several hours. Before serving add chopped eggs; celery; more seasoning, if desired. Turn out on layer of sliced cucumber on cold platter. Garnish with sliced radishes and watercress. Slice K-P and arrange on platter with salad. 4 to 5 servings.

Canned Meats

Pork Sausages and Fried Apples

Open can of Kingan's Reliable Pork Sausages; separate sausage links from drippings. Melt drippings in skillet and add ½-inch slices of unpeeled apples that have been dipped in sugar. (Three tart apples per can of sausages.) Remove apples to hot platter and heat



sausages in skillet; place around apples on platter.

Pigs in Blankets

1 can Kingan's Reliable Pork Sausages

2 cups sifted all-purpose flour

4 teaspoons baking powder

½ teaspoon salt

1/3 cup Kingan's Seafoam Shortening

3/4 cup milk, about

Remove drippings from sausages. Resift flour with baking powder and salt. Cut in shortening and add milk to make soft dough. Pat and roll out to about ½ inch thick. Cut in squares; wrap each sausage in square of dough. Place 1-inch apart on ungreased baking sheet. Bake in oven (450°F.) about 12 minutes. Serve immediately. Creamed green peas are good with this dish.

Kingan's Reliable Beef Stew

Kingan's Reliable Beef Stew with Vegetables is an especially good canned product to have on hand because, besides being quick and easy to serve "as is", it also lends itself to such delectable dishes as meat pie and beef stew with dumplings.

For meat pie, simply empty the contents of one or two cans into a casserole and cover with rich biscuit crust—see page 33.



For stew and dumplings—empty contents of two cans into saucepan with tight fitting cover; add one can of water; bring to boiling point slowly. Drop dumplings, made from your favorite recipe, onto stew. Cover tightly; cook 12 minutes.

Canapés

The tidbits known as canapés have become so popular that the smart hostess must have many recipes at her fingertips. Below are listed a half-dozen favorite canapé spreads. Most of them call for cold cuts—for a most delicious flavor use Kingan's Reliable Cold Cuts! Spread on fancy bread shapes or crackers.

Canapé Spreads

- 1. Mash Kingan's Reliable
 Braunschweiger to a paste.
 Add a little minced onion, a few drops of Worcestershire sauce, some mayonnaise and minced parsley.
- 2. Put Kingan's Reliable Bologna Sausage through food chopper; add a little prepared mustard, some chopped pickles and mayonnaise.
- 3. Put Kingan's Reliable Tasti-Cooked Ham through food chopper. Add enough salad dressing to hold together. Season with cayenne, celery and onion salt, and a dash of powdered cloves.
- 4. Combine softened peanut butter and diced, cooked Kingan's Reliable Bacon. Spread on small crackers. Place under broiler until browned.
- 5. Mix mayonnaise with Kingan's Reliable Braunschweiger to make a paste. Add minced crisp celery, and pickle relish to taste.
- 6. Mix 1 cup ground Kingan's Reliable Tasti-Cooked Ham, ¼ cup grated cheddar cheese, 1 teaspoon grated onion and 1 teaspoon ketchup.

 Hors D'Oeuvres
- 1. Wrap cooked whole shrimp individually in Kingan's Reliable Bacon slices; broil until bacon is crisp. Serve hot, on toothpicks.
- 2. Remove pits from large prunes; fill each with small stuffed olive; wrap in bacon; secure with toothpicks; broil until bacon is crisp.
- 3. Mix 1 cup cottage cheese, 2 tablespoons chili sauce, dash of Worcestershire sauce, salt and pepper. Spread on thin slices of Kingan's Reliable Dried Beef. Roll tightly; fasten with toothpicks.

Tasti-Creamed Lard



Grandma had a reputation for pie crust that is still a legend in the land . . . Lard, good, creamy lard imparted its richness and fine flavor to Grandma's cooking. Kingan's Tasti-Creamed Lard can do all this, and more, for yours.

Pie Crust

2 cups sifted all-purpose flour 1 teaspoon salt 3/3 cup Kingan's Tasti-Creamed Lard 6 tablespoons ice water

Resift flour with salt, cut in lard with a pastry blender, or 2 knives, until particles are like very small peas. Add water by teaspoons mixing it in lightly with a fork. Gather into ball, wrap in wax paper and chill in refrigerator for ½ hour. Divide dough in 2 portions. Roll out to ½-inch thickness for lower crust. Line pan, fill, moisten edge. Roll out top crust, cut gashes for escape of steam. Place over filling, press edges together around rim, trim, and bake according to directions for filling, usually 425°F.

Rich Biscuit Crust for Meat Pies

1 cup flour
½ teaspoon salt
2 teaspoons baking powder

4 tablespoons Kingan's Tasti-Creamed Lard ½ cup milk, about

Mix as for biscuit dough, roll out round to fit top of casserole. Cut in wedges and place over filling. Bake in oven 425°F. for about 25

minutes, double ingredients for crust if it is to be used to line casserole.

Kingan's Tasti-Creamed Lard is light and creamy, a pleasure to use and easy to mix due to the special method of aeration and processing. Tasti-Creamed is the ideal shortening for flakier, more tender, better-flavored pie crusts, biscuits and pastries. And because Tasti-Creamed adds flavor, it is also recommended for preparing meats, chicken, croquettes, and fish. Tasti-Creamed Lard is packed in a 2-pound container which makes it easy to spoon and measure.



Seafoam Shortening



The tasteless, odorless shortening that has everything . . . KINGAN'S RELIABLE SEAFOAM SHORTENING! Try it and notice the difference. That new airy lightness in your cakes! That delightful tenderness and flakiness in your pastries! That delicious, golden-brown crispness in fried foods! SEAFOAM is a super, all-purpose shortening for better baking and finer frying. It keeps at room temperature, needs no refrigeration.

Temperatures for Deep Fat Frying

KINGAN'S SEAFOAM Shortening is pure frying magic! Unsurpassed for deep-fat frying because SEAFOAM is not only highly digestible but also tasteless, odorless. So pure you can use it over and over again for frying without absorbing flavors. Will not smoke even when heated to 420°F.

	Temper- Bread Cube		
٠	ature or Test	Cooking Time	
Croquettes and Other Cooked Mixtures		3 min. or until brown	
Doughnuts and Raw Dough Mixtures	370°F. 60 sec.	3-5 min. or until brown	
French Fried Potatoes	360°F. 60 sec.	2 min. or until brown	
then drain and re-fry at		2-3 min. or until crisp	
Fish, small whole	370°F. 60 sec.	3 min.	
Fish Fillets	370°F. 60 sec.	4 min.	
Oysters, Clams	370°F. 60 sec.		

Oatmeal Drop Cookies

² / ₃ cup Seafoam	1 teaspoon baking	1½ cups sifted all-
½ cup firmly packed	powder	purpose flour
brown sugar	½ teaspoon baking soda	1½ cups rolled oats
1 egg	½ teaspoon salt	(uncooked)
½ teaspoon vanilla		½ cup chopped raisins
3 tablespoons milk	1 teaspoon cinnamon	

Whip Seafoam, sugar, egg, vanilla and milk to a smooth fluff in a mixer on high speed. Resift flour with baking powder, soda, salt and cinnamon; mix in, on low to medium speed, until well blended... about 1 minute. With spoon fold in oats, nuts and raisins. Drop by spoonfuls on baking sheet, greased with Seafoam. Bake in oven 375°F. until done and nicely browned—about 12 minutes. Makes 3 doz. cookies $2\frac{1}{2}$ inches in diameter.

Seafoam Shortening

Lady Baltimore Cake

Have all ingredients room temperature.

1½ cups sugar 1 teaspoon salt

4 teaspoons baking powder 21/4 cups sifted cake flour

Sift together 3 times and place in bowl. Add:

²/₃ cup skimmed milk

½ cup Seafoam

Beat at low to medium speed for 2 minutes. Scrape bowl and beater frequently. Then add:

> 1/3 cup milk 4 egg whites

½ teaspoon each, almond and vanilla extracts

Continue beating for 2 minutes at low to medium speed, scraping bowl and beater frequently. Pour batter in 2 (9-inch) layer pans greased with Seafoam and floured. Bake in moderate oven (350°F.) about 30 minutes. Let stand a moment. Turn out on cooling rack.

Icing and Filling

1 egg white 3 tablespoons water

3/4 cup sugar ½ teaspoon vanilla 1/4 cup raisins, cut fine 1/4 cup chopped figs

1/8 teaspoon cream of tartar

½ cup chopped nuts

Place egg whites, water, cream of tartar and sugar in top of double boiler. Beat until completely blended. Set over boiling water; beat with rotary

beater until mixture is fluffy and holds its shape. Remove, blend in vanilla. Take out 1/3 of mixture and add it to nuts and fruit. Place the filling between layers and the remaining icing on top and sides of cake.

Chocolate Cake

1 cup sugar 2 eggs, unbeaten 2 oz. cooking chocolate melted 1¾ cups sifted

½ cup SEAFOAM 2 teaspoons baking powder 3/4 cup skimmed milk 1 teaspoon salt 1/4 teaspoon baking soda 1 teaspoon vanilla



Whip SEAFOAM and sugar to a fluffy cream; whip in 1 egg at a time. Blend in chocolate. Resift flour with baking powder, salt and soda three times. Add vanilla to milk. Add flour mixture alternately with milk to SEAFOAM mix, blending well after each addition. Bake in 2 greased and floured 8-inch cake pans in moderate oven (350°F.) about 35 minutes. Allow layers to cool; then fill and ice.

Chart of Beef Cuts

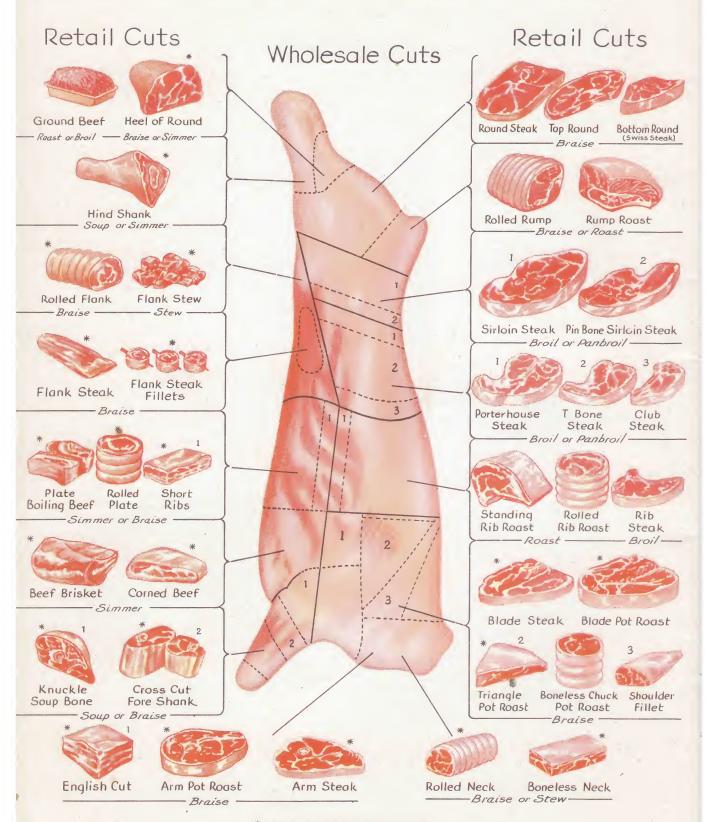


Chart of Pork Cuts

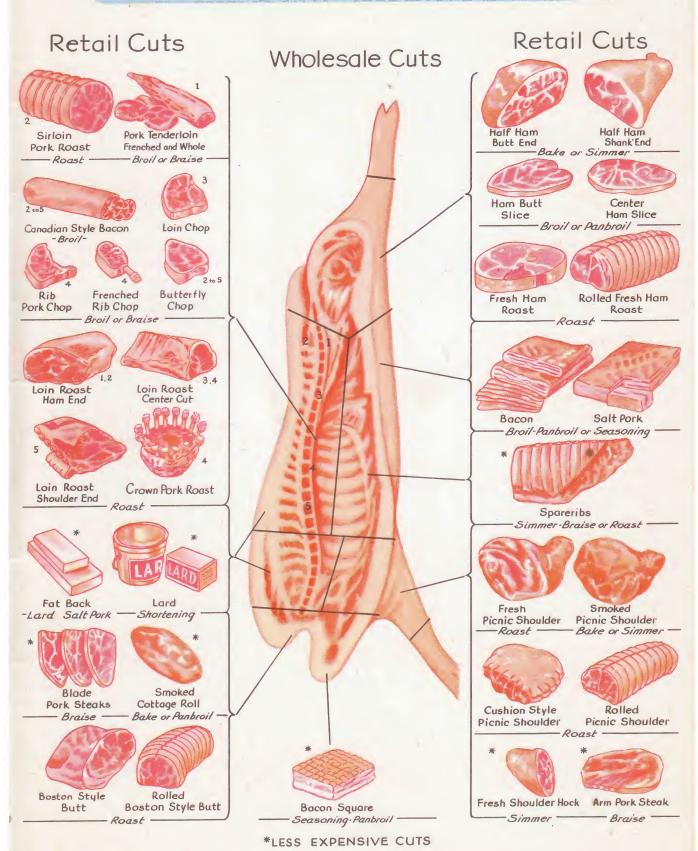
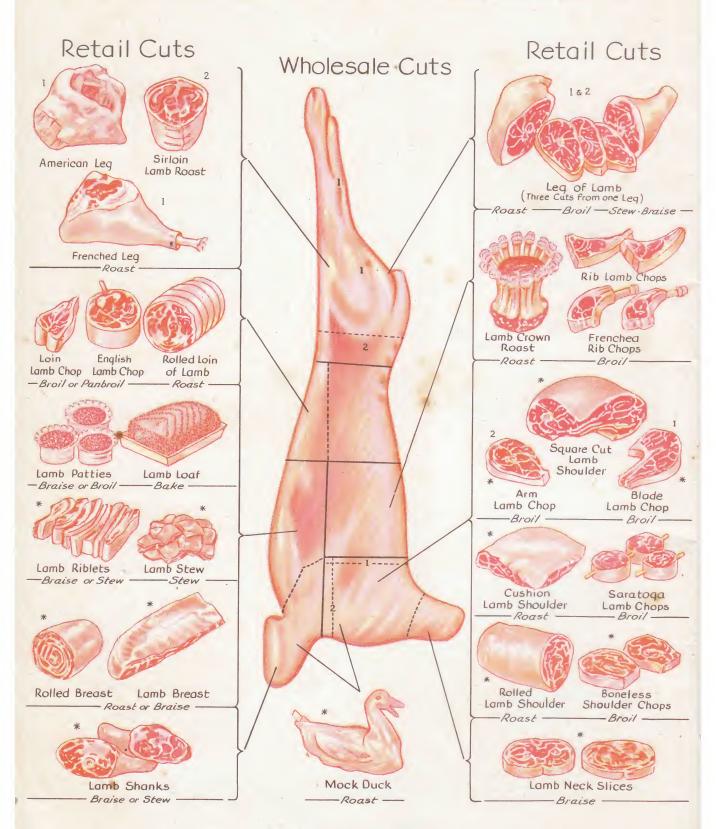


Chart of Lamb Cuts



How to Select Meats

Professional graders judge meat according to three factors: conformation (general build, shape and contour of the carcass or its parts); finish (quality, color and distribution of fat, and the "marbling" of fat through the lean); and quality (firmness and strength of muscle fiber and connective tissue, fineness of grain and juiciness).

If you will keep these factors in mind each time you go to market, you will soon find that you are becoming a pretty good "grader" yourself. In addition, if you will learn to recognize the signs of quality that are peculiar to each of the four kinds of meat, you will profit thereby:

Quality Beef: Firm, smooth; fine, even grain; purplish brown when freshly cut, changing to bright red on contact with air; brittle, flaky, cream-colored surface fat; extensive marbling.

Quality Veal: Fine grain; firm, light greyish pink; surface fat scanty, white and flaky; very little marbling; bones pink and porous.

Quality Lamb: Firm; fine-grained; tender; dull pink in color; firm fat, creamy white or slightly pink, thin on surface; soft reddish bones.

Quality Pork: Firm; fine-grained; light greyish pink with marbling of fat and lean; bones slightly pink; fat firm and white.

The brand name "Kingan's Reliable" has been synonymous with highest quality for over one hundred years, and has established an enviable reputation everywhere as a symbol of the *best* meat that money can buy. So, to simplify everything—just ask for Kingan's Reliable, because "when you buy Kingan's, you buy the best".

As for the cut to choose, the preceding charts will suggest many interesting selections, and tell you how to cook them.



How to Store Meats

After you have selected meat according to the rules on page 39, you must give it the care it deserves in the interval between buying and cooking, to prevent deterioration or spoilage.

Rule 1: As soon as the meat arrives from the market, remove wrappings. These wrappings absorb the natural juices and stick to the meat. (This rule does not apply to smoked or cooked meats.)

Rule 2: Wipe the meat with a damp cloth. Never wash meat.

Rule 3: Place the meat on a platter or in a shallow dish. Leave uncovered, or cover loosely with wax paper. If raw meat is closely covered, bacterial growth is rapid and spoilage sets in. A slight drying of the surface is desirable, because it retards bacterial growth. (Cooked meat should be covered, because further drying of the surface is neither necessary nor desirable.)

Rule 4: Store meat in the meat storage compartment or in the coldest section of your refrigerator outside of the freezing unit, that is unless you want to freeze the meat for later use.

Remember that quick-frozen meat must be treated like fresh meat, once thawing begins. Once thawed, meat must never be re-frozen.

Home Refrigerator Storage Table

Meat	Method	Length of Time
Sliced Bacon	Wrapped as for cooked meats	Not longer than 8 days
Slab Bacon	Cover cut end with wax paper	Not longer than 10 days
Tasti-Cooked Ham	Cover	Not longer than 7 days
Tender Smoked Ham	Cover cut end of half-ham	Not longer than 10 days
Fresh Sausage	Unwrapped, or loosely covered	Not longer than 7 days
Fresh Beef, Veal, Lamb or Pork	Unwrapped, or loosely covered	Not longer than 7 days
Variety Meats such as Liver, Kidney, Heart, etc.	Unwrapped, or loosely covered	Not longer than 3 days



DUCTS

RELIABLE SMOKED MEATS

Tender Smoked Hams Tasti-Cooked Hams Tender Smoked Semi-Boneless Ham Pork Tasties

Sliced Bacon Tasti-Cooked Canadian Bacon Tender Smoked Canadian Bacon

Smoked Beef Tongue Tender Smoked Picnics Tasti-Cooked Picnics Tasti-Cooked Ham Ovals Sliced Dried Beef

RELIABLE SAUSAGE

Skinless Wieners Skinless Franks

Fresh Pork Sausage (country style) Fresh Pork Sausage Links

Smoked Pork Sausage Links

RELIABLE LUNCHEON MEATS

Chickadee Loaf Peppered Loaf New England Luncheon Sausage

Bologna Liver Cheese Braunschweiger Olive Loaf

Pickle & Pimiento Loaf Pilot Loaf Macaroni and Cheese Loaf Luncheon Sausage

RELIABLE COOKED HAMS

Boiled Hams

Baked Hams

MEATS RELIABLE CANNED

Hamburger Patties Beef with Gravy Pork with Gravy Lima Beans with Ham Noodles and Beef Beef Stew Chili Con Carne

Corned Beef Hash Spaghetti and Meat Skinless Wieners Pork Sausages Smoked Pork Sausages Vienna Sausages Perk Brains

K-P Luncheon Meat Lunch Tongue Ox Tongue Picnic Spread Liver Spread Potted Meat Tripe

RELIABLE CANNED HAMS AND LUNCHEON MEATS

Ready-to-Eat Ham Ready-to-Eat Picnics Spiced Luncheon Meat Chopped Ham

Jellied Lunch Tongue

American Pimento CHEESE Brick

Swiss

Cheddar

SHORTENING

Seafoam Shortening

Tasti-Creamed Lard

Reliable Lard

DRY SAUSAGE

La Perla Genova Capri Genova La Perla Peperoni La Perla Procida La Perla Capicolli La Perla Abruzzi Reliable Cooked Salami La Perla Proscuitti Reliable BC Salami Reliable Thueringer

POULTRY AND DAIRY FOODS

Reliable Roasters Reliable Fryers

Reliable Fowl Reliable Eggs

Reliable Butter Reliable Margarine

Reliable Broilers Plantation Margarine

LOCATION OF KINGAN OPERATIONS

Livestock Processing Plants

Indianapolis, Indiana Richmond, Virginia

Orangeburg, South Carolina Storm Lake, Iowa Bartow, Florida

Omaha, Nebraska

Manufacturing Branches

Jacksonville, Florida Atlanta, Georgia Harrisburg, Pennsylvania Tampa, Florida Seattle, Washington

Los Angeles, California San Francisco, California

Sales Offices in Principal Cities

ANAPOLIS, INDIANA COMPANY